



Under the direction of
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High
Caliber
Nutrition

POWERFUL PERFORMANCE

THE NUTRITION CONNECTION











**"Deployment is a
good time to lose
a few pounds."**





















dehydration = fatigue







dehydrated

hydrated



POTABLE WATER









"There's no time
to eat a meal."







6 AM



6 PM







high carbohydrate
snacks

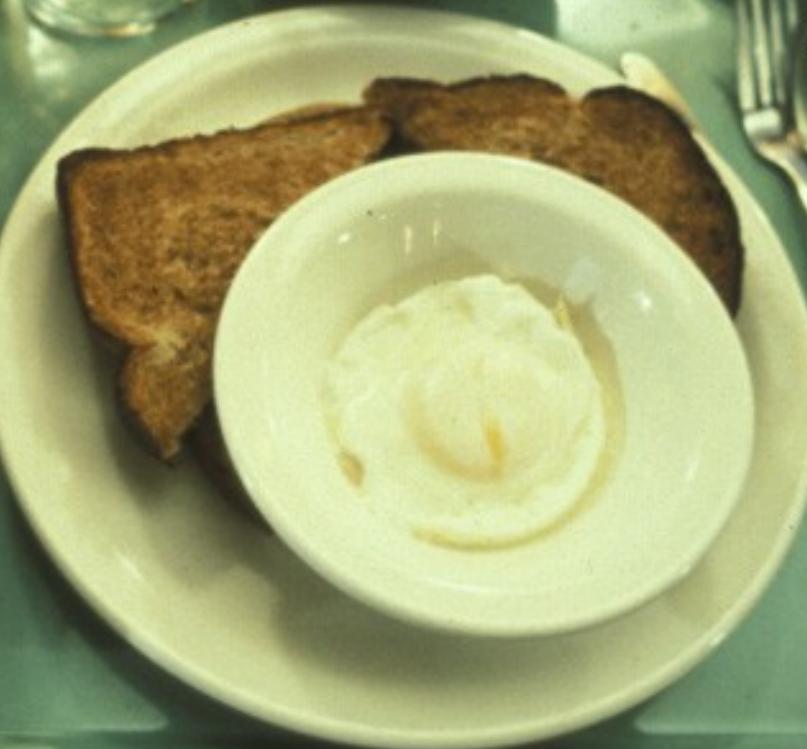












"I don't
like rations."



Replace:
carbohydrates
sodium
electrolytes
vitamins
minerals
salt



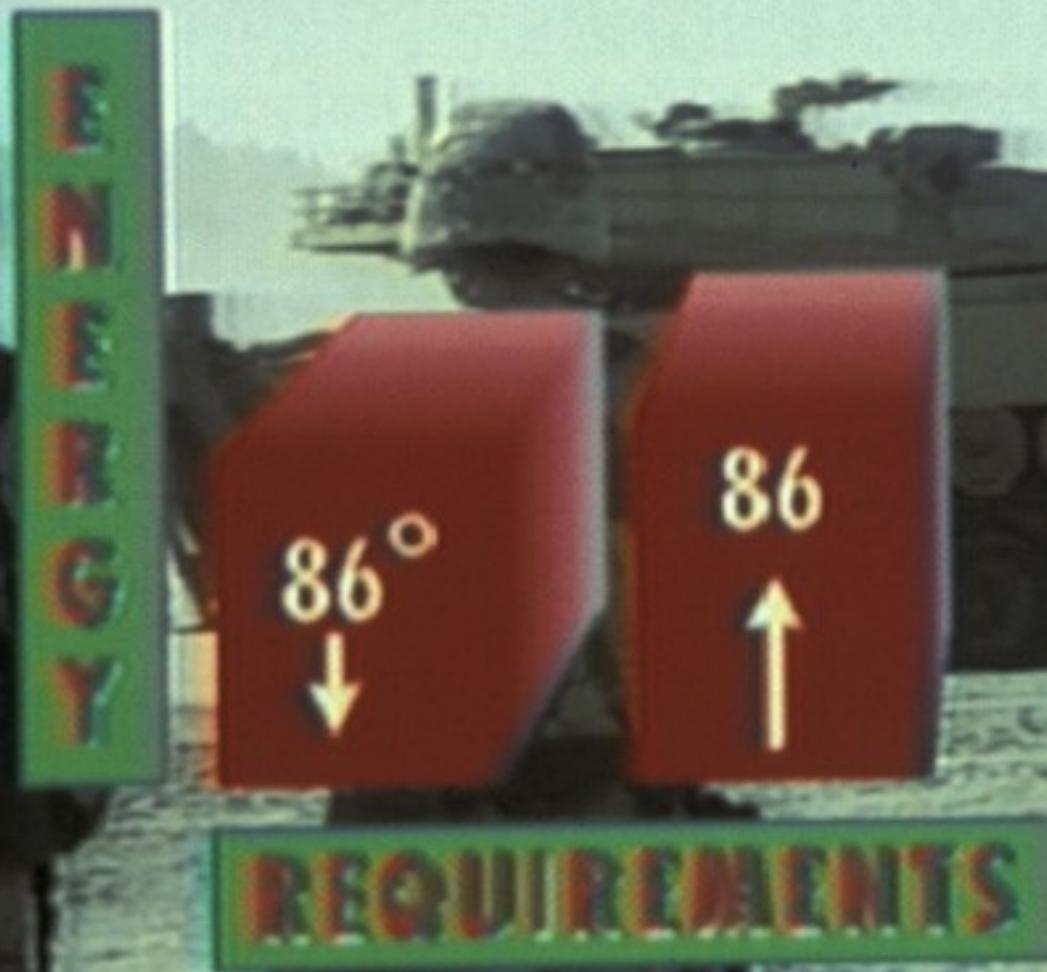








"It's too
hot to eat."

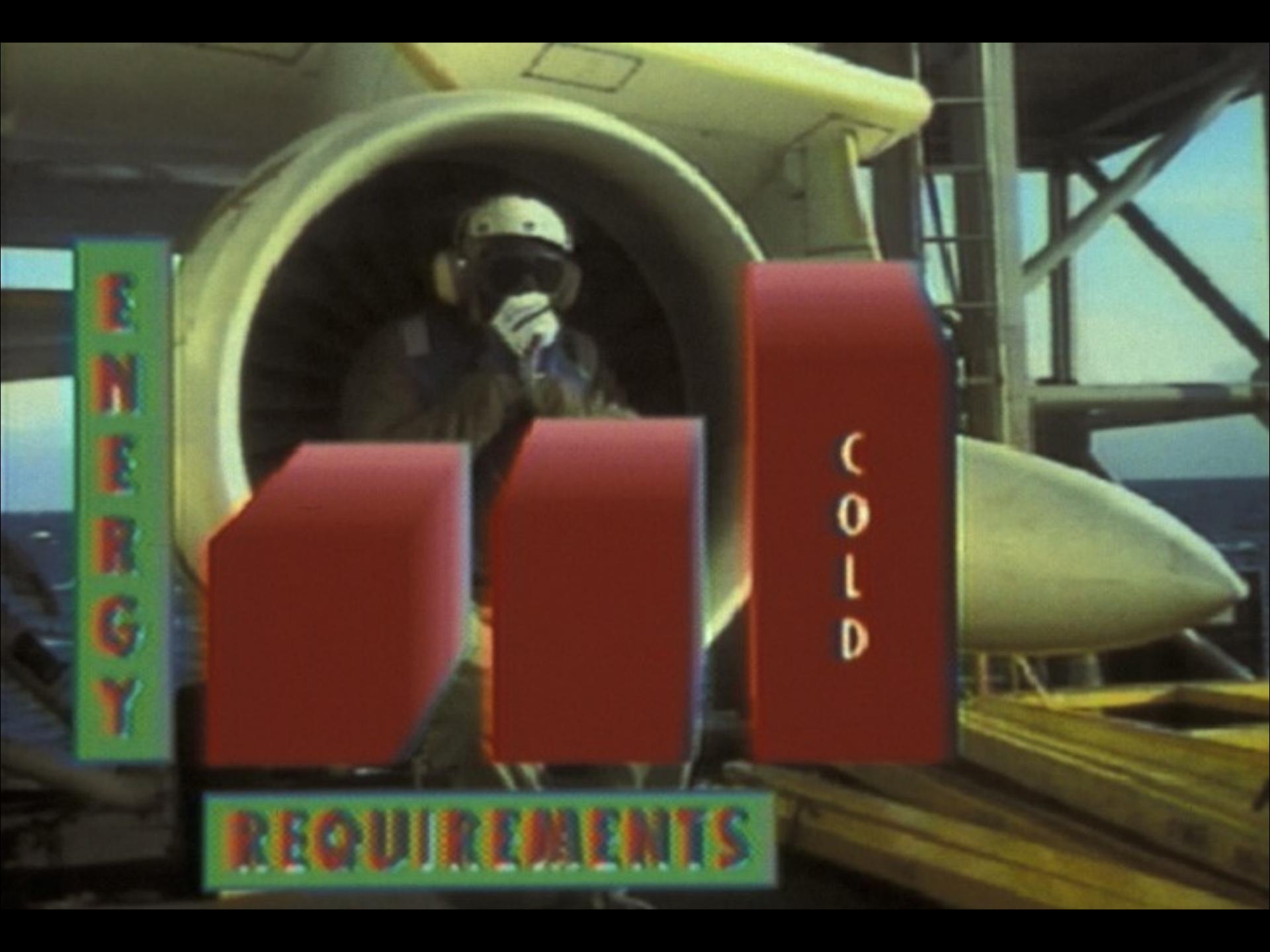








"It's too
cold..."



ENERGY

REQUIREMENTS

COLD











"I get
altitude
sickness."

ENERGY

REQUIREMENTS

ALTITUDE













EAT ENOUGH



EAT REGULARLY



MAINTAIN
PERFORMANCE
DIET

A group of soldiers in camouflage uniforms are running in formation, suggesting a military or physical training context.

**HIGH
CARBOHYDRATE
SNACKS**

A photograph of two men in profile, facing right. The man on the left is wearing a dark t-shirt and has a shaved head. A pink rectangular sign with a black double-line border is held above his head, displaying the text 'DRINK WATER' in bold, blue, sans-serif capital letters. The man on the right is also in profile, facing right, and has a shaved head. He is wearing a dark t-shirt. The background is a blurred, dark green foliage.

DRINK
WATER





**EXTREME
CONDITIONS**

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